

Vestibular Disorders

Audiologists can help.

What is a Vestibular Disorder?

The vestibular system uses our eyes, ears, and brain to help us to maintain our balance and move without falling.

Vestibular disorders occur when the vestibular system becomes damaged or diseased. Two of the most common vestibular disorders are benign paroxysmal positional vertigo (BPPV) and Ménière's disease. Symptoms may include dizziness, nausea, vertigo, feeling off balance and lightheadedness.



Why should you see an audiologist for vestibular disorders?

- Audiologists are the trained and regulated profession qualified to treat hearing loss and balance disorders of vestibular origin, in adults and children.
- The vestibular organ is within the inner ear. Audiologists are able to perform and interpret tests that other professionals may not do, or may not be able to do.

What can audiologists do?

Audiologists focus on the prevention, assessment, diagnosis and management of hearing and balance disorders. **An audiologist can:**



Help prevent falls through fall risk screening and vestibular rehabilitation.



Provide recommendations regarding specific therapies/goals for a patient's recovery based on evidence informed diagnostic assessments.



Provide patient-centred treatment for vestibular disorders in a streamlined and evidence-informed manner.